



### A. Words and Expressions (語彙と表現)

Check pronunciation, meaning and expressions of the words with your tutor.

講師と一緒に単語の発音、意味、表現を確認しましょう。

Words and Expressions	Example Sentence
bad at (doing something)	I'm really bad at cooking.
~するのが不得意	私は料理がとても苦手です
messed up	I messed up that operation.
めちゃくちゃである、間違えた	私は使い方を間違えました
bad mood	He is in a bad mood.
不機嫌	彼は期限が悪いです

not that bad	It is not that bad.
悪くはない	そんなに悪く無いよ
depressing	It is a depressing news.
憂鬱な	それは憂鬱なニュースで
stressful	What kind of jobs are the most stressful?
ストレスの多い	どんな仕事が一番ストレスが多いですか？
hard time	It was a hard time, I don't want to remember.
辛い、辛い時期	あれは辛い時期だったから、思い出したくありません
will get better	It will get better.
よくなる	よくなりますよ
improve	Your skill has been improved.
成長する、上達する	あなたの技術は上達しましたね
you're doing great	Don't be depressed. You're doing great!
よくやっている	落ち込まないで、あなたはよくやっています

## 出典

意味 Weblio辞書 英和辞典・和英辞典 <http://ejje.weblio.jp/>  
 例文 Weblio 英語例文 <http://ejje.weblio.jp/sentence/>

**B. Reading (音読問題)**

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Read the sentences with your tutor.

講師と一緒に、以下の文章を読んでみましょう。

A: How was your day?

B: It's a bit messed up.

A: Really? Why?

B: My boss was in a bad mood the whole day today. He was giving me a hard time.

A: Sorry to hear that. I'm sure it's been a stressful day for you.

B: Yeah but it's fine. What about you?

A: I think I'm bad at doing my job. It's depressing.

B: You're new so it's normal. I'm sure you will get better.

A: I really hope I improve.

B: I'm sure you will. Just do your best all the time.

**C. Practice 2 (練習問題2)**

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Choose the most appropriate option.  
最も適した選択肢を選びましょう。

1. How was your day?
  - a. I really hope I improve.
  - b. Yeah but it's fine.
  - c. It's a bit messed up.
  
2. It's a bit messed up.
  - a. Yeah but it's fine.
  - b. Really? Why?
  - c. I'm sure you will.
  
3. My boss was in a bad mood the whole day today. He was giving me a hard time.
  - a. Sorry to hear that.
  - b. I really hope I improve.
  - c. Yeah but it's fine.
  
4. I think I'm bad at doing my job. It's depressing.
  - a. How was your day?
  - b. You're new so it's normal.
  - c. Yeah but it's fine.
  
5. I really hope I improve.
  - a. I'm sure you will.
  - b. Really? Why?
  - c. Sorry to hear that.

**D, Conversation Practice (会話練習)**

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Talk about the following contents with your tutor.

講師と以下の内容に関して議論してみましょう。

1. When do you usually have a bad day at work?
2. How do you encourage a co-worker who is having a bad day at work?
3. What do you usually do when you're having a stressful day at work?